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Great laptop.

Posted by Robert Hicks on Feb 23, 2018

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Dell Latitude 3150

Posted by Janet Locos on Nov 13, 2018

Laptop looked brand new. Easy to set up, battery charges quickly. Awesome laptop for the price! Highly Recommend Discount Electronics!



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Latitude laptop

Posted by Jim Schoenfeld on Dec 04, 2018

I love these! I am the IT manager for a group of dealerships, and I have purchased a bunch of these! I had one power supply go bad, and they shipped me a new one ASAP. Love the money I save and the great products I get.



Great product excellent service reasonable price

Posted by Anthony Manfre on Jan 03, 2018

Website ordering of our product was easy; service was as selected; delivery fast with excellent packing, and the product met our expectations.



Good price, excellent refurb

Posted by Richard Brooks on Feb 23, 2018

Needed a good small second laptop for everyday carry. This unit is perfect. No noticeable wear, even in the keys. Quick ship, careful packing. All my computer business is staying here with these guys in my home state! I will definitely be a return customer!



DELL LATITUDE E6420 i5 LAPTOP WINDOWS 7 PRO

Posted by Grove Breidenbach on Mar 22, 2018

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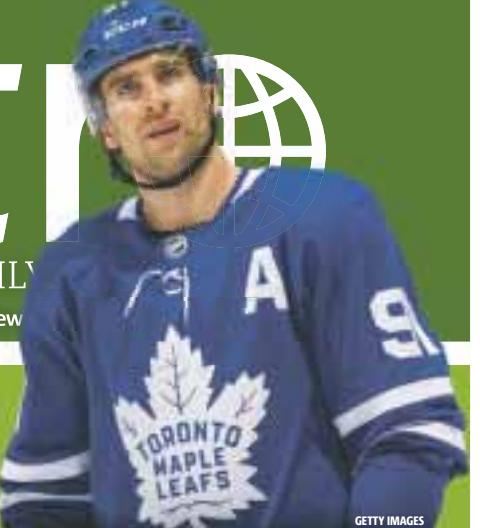
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directorial debut on Netflix. 19

Documentary chronicles Harlem teen's
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FARE GAME

The MTA approved fare hikes for weekly and monthly
MetroCards while eliminating all bonuses. 4

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THINGS TO KNOW

KRISTIN TOUSSAINT, REPORTER



Like most New Yorkers, it always stings a little bit when I have to purchase my 30-day MetroCard, shelling out \$121 at once just to get around the city. Well, now straphangers are going to be pained a bit more with a new set of fare and toll hikes that the MTA board approved on Wednesday. Under these fare raises, that 30-day pass will go up to \$127. Though the base MetroCard fare is unchanged, the transit authority is getting rid of bonuses. Read more about what these fare hikes mean for your commute and the transit system, and when they'll go into effect, inside and at [metro.us](#).

WELCOME TO METRO.US

Trump touts rapport with Kim, 'satisfied' with talks

1 President Donald Trump hailed "a very special relationship" with North Korean leader Kim Jong-un as they met in Vietnam for a second summit on Wednesday and said he was satisfied with the pace of denuclearization talks despite some criticism they were not moving quickly enough. The president appeared upbeat with Kim even as on the other side of the world in Washington, his former personal lawyer Michael

Cohen called Trump a "con man" who knew in advance about the release of stolen emails aimed at hurting his Democratic rival in the 2016 election campaign. "Great meetings" and a "very good dialogue," Trump said on Twitter after dinner with Kim at Hanoi's French-colonial-era Metropole hotel, while the White House said the two planned to sign a "joint agreement" after further talks on Thursday.

World's smallest baby boy goes home from hospital

2 A baby boy weighing just 9.45 ounces at birth was sent home after months in a Tokyo hospital, the smallest surviving male baby in the world, Keio University hospital said. The boy was born through Caesarean section last August after he failed to gain weight during the pregnancy and doctors feared his life was in danger. The boy was in intensive care until his weight reached 3.2 kilograms and he

was discharged on Feb. 20, said Dr. Takeshi Arimitsu of the university's School of Medicine, Department of Paediatrics. "I am grateful that he has grown this big because, honestly, I wasn't sure he could survive," the boy's mother told Reuters. The previous record was held by a boy born in Germany in 2009 weighing 274 grams, according to the Tiniest Babies registry managed by the University of Iowa.



At least 20 dead in Egypt train crash

3 Firefighters and onlookers gather at the scene of a fiery train crash at the Egyptian capital Cairo's main railway station on Wednesday which killed at least 20 people, Egyptian security and medical sources said. The accident, which sparked a major blaze at the Ramses station, also injured 40 others, the sources said.

AHMAD HASSAN/AFP/GETTY IMAGES

FedEx to test delivery robot with Walmart, Pizza Hut

4 FedEx Corp. this summer plans to begin testing a robot to handle home deliveries for partners ranging from Walmart Inc. to Pizza Hut. Shippers, retailers and restaurants are experimenting with robots, drones and self-driving cars in a bid to use automation to drive down the high cost of delivering gadgets, groceries and even cups of coffee the "last mile" to consumer



doorsteps. The battery-powered robots look like coolers on wheels. Cameras and software help them detect and avoid obstacles as they roam sidewalks and roadways at a top speed of 10 miles per hour. The project must win approval in test cities, including the shipper's hometown of Memphis, and the first deliveries will be between FedEx office stores.

French sports store pulls hijab for women joggers

5 A French sporting goods chain pulled a hijab for women joggers from its shelves after it came under fire from politicians and on social media. Decathlon's "hijab de running" — a nylon hood designed to allow Muslim women to cover their hair while jogging — sparked outrage in France as politicians across the political spectrum said it was a violation of French principles on secularism. After days of acrimoni-

ous public debate and virulent criticism on social media, the sports retailer said in a statement late on Tuesday it had suspended the sale of the item in France over concerns about the safety of its staff, which it said had been insulted and threatened on social media. French Justice Minister Nicole Belloubet said on Wednesday that sports stores are free to sell the running hijab and that there are no legal objections.

STATS

100 years of the Grand Canyon National Park

Overview of the natural and archaeological history of the Grand Canyon.

Became a national park on **Feb. 26, 1919**

Length
277 river miles
1 mile deep

Oldest human artifacts
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Average width
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The latest in foot and ankle treatments



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When it comes to your health, you only want the most qualified specialists weighing in. Metro has you covered, teaming up with the world-renowned experts at Rothman Orthopaedics to fill in the blanks.

Foot and ankle pain is an inconvenience that can majorly disrupt your quality of life. Rothman Orthopaedics is leaving traditional treatments in the past, moving ahead with innovative, forward-looking advancements that support active lifestyles. Metro sat down with Justin Tsai, M.D., a Rothman Orthopaedics surgeon specializing in foot and ankle disorders.

What are some common foot and ankle issues?

Arthritis of the foot and ankle, flat foot, bunions and hammertoes are what bring a lot of patients through my door.

What has been the traditional way of treating these things?

For any type of arthritis in the foot or ankle, the traditional treatment has been fusion. This

is basically when you put placement screws across the joint. It's an effective way to eliminate pain, but you unfortunately eliminate range of motion, as well. A lot of people find that restricting. There are now new techniques that allow us to preserve range of motion.

Like what?

One technology is a total ankle replacement, which is relatively new. It's similar to what you might hear about a hip or knee replacement. You're essentially replacing your old arthritic joint with a new joint that's made of plastic and metal. It generally involves one overnight stay. More importantly, it's the recovery that's a little bit more involved. Most patients should expect to not put weight on it for about a month or so. Physical therapy

is necessary afterwards, but they should see increasing gains over the next two years. While an ankle fusion eliminates range of motion, an ankle replacement can usually preserve whatever motion you had before.

Can you have an ankle replacement if you've already had a fusion?

Yes! it's a little tougher because you have to basically create a new space there to put the joint, but it can be done.

What other new treatments are happening at Rothman Orthopaedics?

We perform another great treatment for arthritis of the big toe. Again, the gold standard for severe arthritis has been a fusion in that toe, and it works great, but you're limited to having no range of motion afterwards. This can be

especially tough when it comes to footwear options. You normally can't wear more than a one-inch heel because that pushes the big toe past the position it's been fused in.

One of the new treatments that's had great results in short-term and midterm data is something called Cartiva. Instead of a joint replacement with plastic and metal, it's basically using a piece of silicone to increase the amount of joint space so that the two surfaces no longer touch each other when you go through your range of motion.

What makes Rothman Orthopaedics special?

When it comes to foot and ankle pain, Rothman holds their physicians to a very high standard. All of our physicians are required not only to be successful



clinically, but to also stay active academically. This includes going to national meetings and writing research papers; that's really how you stay modern and active in the field, and also not lose track of what the newest technologies, trends and treatments are.

Rothman Orthopaedics has offices in Manhattan, Westchester and various parts of New Jersey. Visit www.RothmanOrtho.com to find a specialist near you.

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NEWS



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MTA board approves fare and toll hikes



KRISTIN TOUSSAINT

kristin.toussaint@metro.us

The base MetroCard fare will stay the same, but strap-hangers won't see any more bonuses under the approved MTA fare hike.

Board members voted to implement an MTA fare hike and toll increase on Wednesday that will keep the base MetroCard the same but raise weekly and monthly passes from \$32 to \$33 and \$121 to \$127, respectively.

The MTA fare hikes will go into effect on April 21, and the toll increase on March 31.

Wednesday's vote comes after MTA board members delayed the fare vote last month, a move that cost the cash-strapped transit agency \$30 million in revenue, said Acting Chairman Fernando Ferrer.

"That will never be made up. That's not to cast a pall over the discussion about finding new ways [of revenue], that's simply to give you a fiscal fact, and that fact is beyond dispute," he said. "It's not easy to support asking people to come up with more, but as part of a package where...we are doing our part — and we are serious about that — where we step up, riders step up in a way that's within inflation, the government and our funding partners step up. That's a fair system."

Under the approved MTA fare increases, the changes are:

- No change to the base MetroCard, no increase for paratransit and no change to a single-ride ticket.
- MetroCard bonuses will be eliminated.

- Seven-day MetroCard pass will go from \$32 to \$33, 30-day pass from \$121 to \$127.

- Coin-on-bus payment will be eliminated for express buses, and express bus fare will rise from \$6.50 to \$6.75, with 7-day express bus passes increasing from \$59.50 to \$62.

- Commuter rail tickets will see a 3.85 percent increase on weekly and monthly passes, though the maximum increase will be \$15 on the monthly and \$5.75 on the weekly.
- There will be no increase on monthly commuter rail passes at or above \$460, and no increase for West of Hudson customers.

For the bridge and tunnel toll hikes, major crossings will go from \$5.76 to \$6.12, and cars that do toll-by-mail will see a \$1 increase from \$8.50 to \$9.50. New York City Customer Service Center trucks will see a \$2 increase on toll-by-mail. Concerning the Verrazano Bridge, board members said that the Staten Island rebate program proposes another \$6 million in funding from the state, but if there is no funding from that, then the toll will increase to \$5.90.

Straphangers are sure to be upset at the MTA fare hike, especially amid unreliable service, and some board members agreed it's not ideal.

\$500M

According to Ferrer, the MTA projects an operating budget deficit of almost \$500 million next year, growing to nearly \$1 billion by 2022.

"Riders are not getting a fair share here, and I've never said that before, but it's gone on too long," said Board Member Andrew Saul. "There are huge overruns on capital construction, huge overruns on overtime. This place is not managed efficiently and riders are getting screwed, period."

Board members who voted for the MTA fare increase said that they were doing so because the transit authority needs the money now, but they added that other revenue streams to close the agency's staggering budget gap need to be considered.

According to Ferrer, the MTA projects an operating budget deficit of almost \$500 million next year, growing to nearly \$1 billion by 2022. The toll and fare increases will bring in an additional \$336 million a year, "but it's not enough to fund our capital program or close the operating deficits."

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1 in 8 NYC students experience homelessness before 5th grade: Report

A new study out of NYU takes a hard look at New York City school students experiencing homelessness.

 KRISTIN TOUSSAINT
kristin.toussaint@metro.us

One in eight New York City elementary school students experiences homelessness before fifth grade, according to a new study out of New York University.

The Research Alliance for New York City Schools at NYU's Steinhardt School of Culture, Education and Human Development looked at student homelessness across the five boroughs in a new report out Wednesday.

The study follows 81,669 city public school students who began kin-



GETTY IMAGES

ergarten in the fall of 2012 for five years, giving unique insight into the trajectory of these students' lives.

"One thing that is a little different about this work is that we were able to follow students over multiple years," Zitsi Mirakhur, one of the

study authors, said in a statement. "This paints a more complete picture of who experiences homelessness — and in what ways."

That picture shows that black and Latino students at New York City schools are more likely to experience

homelessness, which often disrupts their education and connections with peers.

Of that initial group that began kindergarten in 2012, 10,312 students, or more than 12 percent, experienced homelessness at some point before their fifth

grade year, per the report.

Black students accounted for nearly 33 percent of all students who experienced homelessness, and Latino students made up just over 56 percent, though the two demographics are about 25 percent and 41 percent of all kids in the study, respectively.

White students accounted for 3.5 percent of all homeless students and 16 percent of the full cohort of kids; and 6.3 percent of all students who experienced homelessness were Asian, with that demographic accounting for 15.8 percent of the full cohort.

There's not much data on how these families became homeless, but the researchers interviewed educators at New York City schools who cited high rents, do-

mestic violence and issues with mental health or substance abuse as some reasons why.

Homelessness in New York City schools: Who is affected?

The study looked at different types of homelessness, from length of time to living situation, meaning whether the students were doubled up with family or friends or staying in shelters.

Nearly 70 percent of the New York City school students who experienced homelessness did so for more than one year. More than a quarter were homeless for all five years of the study.

More than half — about 58 percent — of these homeless students were staying with friends or family, per the report, while most of the others spent all or some of their time in shelters.

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Michael Cohen testifying in court.

REUTERS

Cohen assails Trump but gives no direct evidence of collusion

"I am ashamed because I know what Mr. Trump is. He is a racist, he is a con man and he is a cheat," Cohen said.

President Donald Trump's former personal lawyer Michael Cohen accused him of breaking the law while in office and said for the first time that Trump knew in advance about a WikiLeaks dump of stolen emails that hurt his 2016 election rival Hillary Clinton.

In a dramatic televised hearing in Congress on Wednesday, Cohen said Trump approved hush payments to cover up extramarital sexual relationships in violation of campaign finance laws, and signed a personal check for \$35,000 in 2017 to reimburse Cohen for at least one of those payments.

Cohen, 52, was a close aide of Trump for years and his testimony could increase the legal and political pressure on the Republican president, but he did not appear to reveal a "smoking gun" that would sink his former boss.

Cohen told a House of Representatives committee he had no direct evidence that Trump or his campaign colluded with Moscow during the election campaign.

Possible collusion is

a key theme of Special Counsel Robert Mueller's Russia investigation, which has dogged the president during his two years in office. Trump has repeatedly denied the allegation as has the Kremlin.

Assailing the president as a "con man" and a "cheat," Cohen said Trump knew ahead of time about WikiLeaks' release of emails in 2016 that undermined Democrat Clinton's presidential bid.

He also said Trump directed negotiations for a real estate project in Moscow during the White House race even as he publicly said he had no business interests in Russia.

"I wouldn't use the word colluding," Cohen said of Trump's dealings with Russia, adding that there was "something odd" about the president's good relationship with Russian President Vladimir Putin.

The White House had no comment on Cohen's testimony but Trump earlier on Wednesday accused his former employee of lying.

"He did bad things unrelated to Trump. He is lying in order to reduce his prison time," Trump tweeted from Vietnam, where he was meeting with North Korean leader Kim Jong-un.

Republican lawmakers at the hearing tried to undermine Cohen, portraying him as an ir-

redeemable liar who had benefited from financial crimes he pleaded guilty to last year, and saying the hearing was an opening gambit in a Democratic push to impeach Trump.

"I don't believe Michael Cohen is capable of telling the truth," said Republican Rep. James Comer.

"The more people that follow Mr. Trump as I did blindly are going to suffer the same consequences that I am suffering."

Michael Cohen

Cohen was mostly calm and contrite under the heated questioning from Republicans, and cautioned them not to make the same mistake he did in protecting Trump.

"I did the same thing as you're doing now, for 10 years. I protected Mr. Trump for 10 years," Cohen told the committee hearing. "The more people that follow Mr. Trump as I did blindly are going to suffer the same consequences that I am suffering."

Cohen was one of Trump's closest aides and fiercest defenders, working with him on business and personal deals for a decade. REUTERS

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Doctors Urge Knee Pain Sufferers “Don’t Get ANY Surgery Until You See This...”

After Years Of Intense Study, NYC Medical Clinic Finally Reveals It's Best “Treatment Formula” For Helping Knee Arthritis Sufferers... Especially When So Many Other Treatments Have Failed

NEW YORK CITY - If you are even remotely interested in discovering how the latest scientific discoveries can possibly help your knee pain... then this is going to be the most exciting information you ever read.

Here is why: Knee pain can not only be brutal... it's complex. In other words, it's not a simple, easy fix.

But I'm sure you already know that. Or you wouldn't be reading this.

That's the bad news.

Now for some good news...

Over the years, *NYC Pain MD* has treated countless knee pain sufferers. And in that time have been able to constantly improve.

And we have come up with a treatment formula that we have found works best and helps the most patients.

This formula has reduced or even eliminated the pain in many. Some were scheduled for knee replacement surgery and felt good enough to cancel their surgery.

It's amazing when patients who were once in excruciating pain... start feeling better. And start walking again. And playing golf. Or tennis. And finally getting their lives back.

Especially when they had gone to other doctors and tried so many other things.

So many had given up hope.

Sound familiar? If it does... check this out...

The Treatment Formula

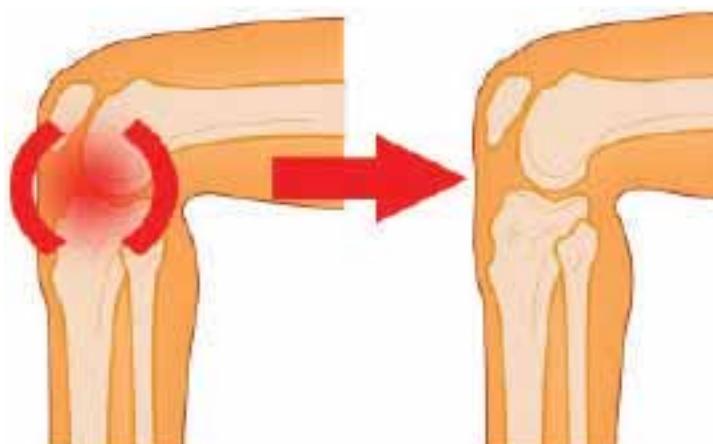
While I can't give you the entire treatment formula here (there is not enough space and WAY too complicated) I can give you the basics. And more important... I can tell you what it might be able to do for YOU.

The first and most important part of the formula is: PATIENT SELECTION.

This means, *NYC Pain MD* has a detailed screening process to tell who is most likely to be helped by their treatments... and who is not.

If you qualify, you have the opportunity to move forward and experience the worldclass treatments that *NYC Pain MD* offers.

If you do not, *NYC Pain MD* will tell you what they think your best options are and help



NYC Pain MD “Treatment Formula” A protocol of advanced medical treatments that has already helped thousands.

you find the right doctor for you.

If you qualify, *NYC Pain MD* offers some of the most advanced medical treatments available today all using the most advanced imaging technology including:

- Viscosupplementation (gel injections)
- Platelet Rich Plasma (PRP)
- Stem Cell Therapy (Lipogems)
- Genicular Knee Block
- And more.

Once again, there is not enough space to go into detail about all these procedures... but here are some things you MUST KNOW....

Viscosupplementation is where a doctor introduces a gel-like medicine directly into the joint space. This helps to lubricate the joints often relieving some, most or even all of your pain. Results can last for 6 months to several years.

Many have had these treatments *without* good results. However, *NYC Pain MD* feels this is because doctors often do these “gel injections” without advanced imaging to guide them. Research shows they will often miss the joint. If the joint is missed... it is impossible for the treatment to work.

NYC Pain MD has spared no expense and used advanced imaging to guide the injections assuring the medicine gets into the joint. We frequently get results when this treatment was a failure done elsewhere.

The second thing you must know is... our treatment plans are custom made for every patient. And we have all these treatments

offered in the same place. Many times you will get the best results from multiple treatments. At *NYC Pain MD* your doctors will all be there and will all know each other and you and your case. They work together and give you the best treatments and care without you having to go anywhere else.

The ability to select the right patients and then have the potential to give them any or all of these treatments... with all the necessary medical technology... under one roof... has allowed *NYC Pain MD* to get better results than they thought possible.

Here's What You Should Do Next

If you suffer with knee pain... and any of this made sense to you... *NYC Pain MD* would like to offer you a No-cost screening. That screening is the first step in our “Treatment Formula.”

You will get to see a doctor and ask any questions you have. Your doctor will take the first steps to see if you qualify for treatments and give you recommendations.

The best thing is... you will finally get direction. You will know what's going on and what is your best course of action... step-by-step. The treatments will be explained in detail and you will breathe a big sigh of relief finally knowing what's going on and what can or cannot be done.

There is so much we want to say to help you... but I'm out of space. Give us a call at **877-296-6310** and take the first step. That step is free without obligation.



www.PainMDNY.com

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Doc chronicles Harlem teen's life after doing time on Rikers Island

Michael Martin's life rebuild is part of a new public TV series.



KRISTIN TOUSSAINT
kristin.toussaint@metro.us

New York City no longer detains minors at Rikers Island, one of the most notoriously violent correctional facilities in the country — but that rule wasn't yet in effect when Michael Martin of East Harlem couldn't post his \$40,000 bail.

Martin, now 19, spent five months at Rikers when he was 17 years old. In a new documentary that airs on PBS' *THIRTEEN* in March, Martin details how he rebuilt his life after those months, shedding light on the issue of youth incarceration and the need for criminal justice reform.

"I used to chill outside on the block. I've been locked up, I've been shot," Martin says in the open shot of the short documentary, which he directed with the help of BYkids, a nonprofit that mentors teens to tell their stories in order to highlight injustices around the world.

"I think it's important to tell people your story because ... everybody's



Nineteen-year-old filmmaker Mike Martin with mentors Hollis Meminger (C) and Chiemi Karasawa (R). **FILM BYKIDS**

got a different point of view and sometimes that point of view could help the next person," he adds. "It's a chance to speak about how you feel in life and basically just establish a connection."

The 27-minute documentary follows Martin after his time in Rikers after he was unable to post bail concerning a felony robbery charge. In the film, he joins Friends of Island Academy, a support group for New York City teens recently released from incarceration, and then gets a job painting murals, records his first song in a studio and takes his GED. Throughout, it features

"I think it's important to tell people your story because ... everybody's got a different point of view and sometimes that point of view could help the next person."

Michael Martin

his grandmother, who believes in his ability to turn his life around and notes how much he's changed since he was locked up.

To help Martin tell his story, BYkids paired him with two seasoned filmmakers, director Chiemi Karasawa and cinematographer Hollis Meminger,

who were with Martin through the filming and editing and even screenings of his short, where Karasawa said people applauded him and even asked for pictures.

"He was the author and owner of his own story, and just to see that come alive when we turned on the camera was really exciting," she said. "I only hope that he continues to express himself and feels comfortable expressing himself in any medium, because there's a lot to learn from somebody like him."

Titled "I Could Tell You 'Bout My Life," Martin's film is just one in a series of four new films

for BYkids's second season. The films will air every Sunday in March and be used in BYkids educational packages in classrooms around the world.

Holly Carter, executive director of BYkids, said the nonprofit finds these teens by first choosing a list of topics they want to explore, whether immigration, climate change or youth incarceration.

"We often hear these big social justice issues with big statistics," Carter said. "This upends all of that. We're not talking about statistics here, we're talking about one young man's struggle with the system that most of us are never privy to."

Those involved in the film hope it shines a light on the nuances of juvenile incarceration.

"There are so many circumstances [Martin] points out in the film that lead up to that kinda inevitably for young people like him," Karasawa said.

The other season 2 films follow a 12-year-old in Nicaragua whose family coffee crop is being decimated by climate change; a 17-year-old

Syrian refugee making a new life in Berlin; and a 13-year-old from Senegal who would have been forced into marriage if not for recent cultural changes. These stories open people's eyes to issues around the world, and Martin's fits right in with that effort.

"Mike's life, [even] for most New Yorkers, is another country," Carter said.

Still, it's relatable, which is the entire point of the program — along with giving voice to an issue and group that has too often been voiceless.

"We need to focus on our shared humanity, not our differences. We need to use personal storytelling as a way to bridge cultural divides,"

said Carter. "The primary goal is to have films and activities around the film in the classroom so our next generation of leaders actually have empathy and a sense of global citizenship."

"I Could Tell You 'Bout My Life" premieres on NYC's WNET on Sunday, March 3, at 7:30 p.m. The other three films of Films BYkids will broadcast each following Sunday in March at 7:30 p.m.



Mike Martin.
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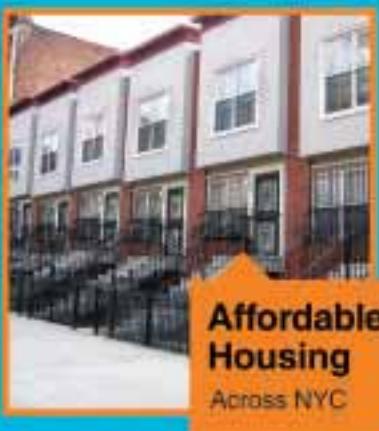
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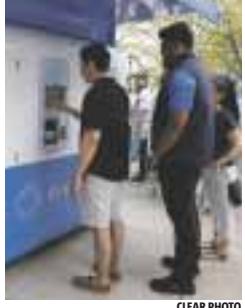
Affordable Housing Across NYC

Heading to a game at MSG? Clear security system lets you skip the line with your fingerprint

The next time you head to Madison Square Garden to catch a Knicks game, you'll be able to skip the long line outside with just a scan of your finger, thanks to the tech security company called Clear.

Clear is already available at Yankee Stadium and Citi Field, as well as major airports like JFK, LaGuardia, Atlanta and more, and now the security system that turns your body into your valid ID will be available at the 7th Avenue/Chase Square entrance of Madison Square Garden.

The system creates a fast lane for fans, who can sign up for the feature at a Clear machine by scanning their government-issued ID, answering a series of personalized questions to prove their identity, and then having their "secure biometric account" created, for which the security system scans



CLEAR PHOTO

their fingerprints and irises.

Once you're a Clear member, all you have to do at the Madison Square Garden entrance is skip the line to head to the dedicated Clear lane, scan your finger and then walk through the metal detectors.

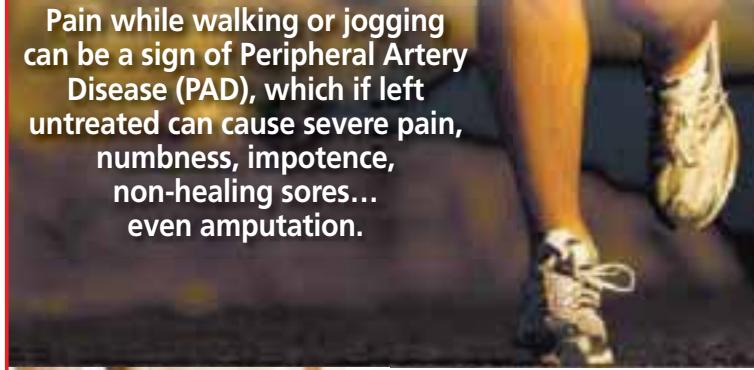
"Launching at MSG represents a major milestone for Clear, and we look forward to making our members' experience there more efficient, easier and more predictable, so they don't miss out on what they came to see," said Clear CEO Caryn Seidman Becker in a statement. "By adding The Garden to our growing New York City ecosystem, Clear members can now enjoy frictionless experiences at three iconic sports and entertainment venues and three key local-area airports with one biometric ID."

The sports arena Clear membership is free, according to the company, but if you want to use Clear at airports to skip the line where a TSA agent has to check your ID, you'll have to pay \$179 a year, though there may be discounts available through memberships like Delta Skymiles.

Clear will be available for fast-track entry at Madison Square Garden beginning with Thursday's Knicks game. KRISTIN TOUSSAINT

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Pain while walking or jogging can be a sign of Peripheral Artery Disease (PAD), which if left untreated can cause severe pain, numbness, impotence, non-healing sores... even amputation.



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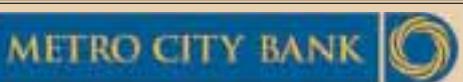
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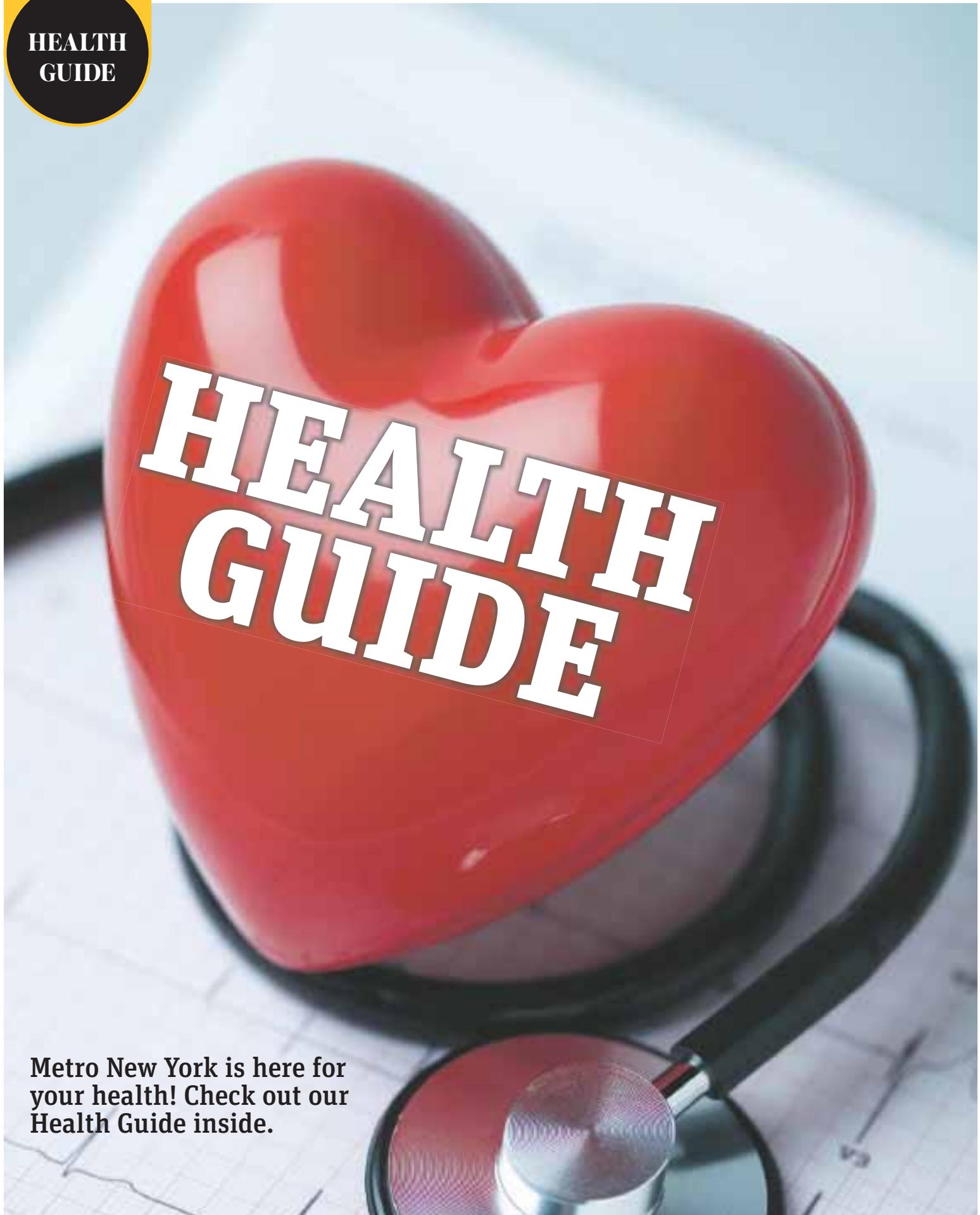
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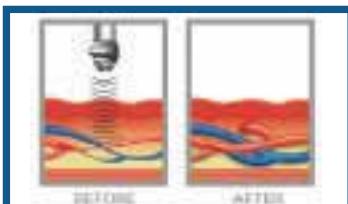


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ISTOCK

Getting down to the source of erectile dysfunction

This innovative shock treatment fights the cause of ED, not just the symptoms.



PAT KING
patrick.king@metro.us

Erectile dysfunction, more commonly known as ED, is something that affects a large population of men around the world. According to a study conducted by the University of Wisconsin, around 5 percent of men age 40 or older suffer from the complete inability to obtain an erection, while around 10 percent of men throughout every decade of life suffer from a mild form of ED.

The odds are even higher for men as they get older, as findings show that men tend to rely on medications for other conditions that could get in the way of their erectile function. While we have seen ads for medications and cosmetic surgeries over the past few decades claiming to put an end to those awk-

ward conversations in the bedroom, they only seem to offer short-term solutions and don't really get to the base of the problem. But before we get there, what actually causes erectile dysfunction?

While syndromes such as smoking, alcoholism and various sleep disorders can contribute to the inability to get an erection, the main reasons behind ED can be attributed to issues dealing with the cardiovascular system. According to research performed by the Mayo Clinic, the most common causes of ED come from issues relating to weak blood flow in the body, such as heart disease, clogged blood vessels, high cholesterol, high blood pressure, diabetes and obesity.

The people at GAINSWave understand that while both pills and cosmetic surgery to the penis will provide short-term solutions, they do not provide a permanent solution. With their innovative brand of shock treatment, after a handful of sessions, patients

will experience an increase in blood flow to the penis in order to optimize erections, sensitivity and sexual performance. This, in turn, will increase the sexual drive of patients, something that is typically lost with patients who suffer from erectile dysfunction.

"Everything that we've had over the past 20 years to deal with ED — oral medication, injections, implants — all really treat the symptom and not the cause," explains Dr. Avi Felix, a medical professional who works with GAINSWave. "The acoustic shockwaves, which is what GAINSWave is, is the first FDA-cleared treatment where we're going after the cause of ED. We're trying to actually clear the blood vessels of cholesterol and plaque, and flood the body to regrow blood vessels to reestablish the supply of blood to the penis that's necessary to rid someone of ED."

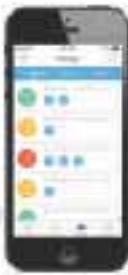
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DANIEL CASILLAS | METRO WORLD NEWS
PHOTOS PROVIDED

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Understanding and treating depression through clinical research

Depression is a form of mental illness that can be as distinct as the individuals it afflicts. In some cases, the signs can be obvious and it can completely debilitate one's life. In others, the signs can be harder to spot and can go years untreated. We spoke with Vanessa Fieve, the president and site director of the Fieve Clinical Research Center, to shed some light on understanding the signs of depression and why participating in a study with a clinical research center could be a good option for you or your loved ones.

What are some of the most common signs of depression?

It's really feeling hopeless, helpless, worthless, having trouble sleeping, having trouble eating or

eating too much, losing interest in things that you used to be interested in, disconnecting with your friends. Really, if one looks up the DSM-5 manual [Diagnostic and Statistical Manual of Mental Disorders, 5th Edition] that's where you find the actual criteria that doctors use to diagnose and evaluate patients. I'm not the one doing this [diagnosing], but I've been exposed to it long enough to know quite a bit about it.

At what age do people generally start showing these signs?

That can really vary. It can be very young, unfortunately. Very often it starts to show itself more in the teenage years, when hormones are changing, and very often by the late twenties.



ISTOCK

How can depression affect your life if untreated?

It can be devastating. It can certainly inhibit you in living the full and happy life that you would otherwise live if you are treated. It can be as devastating as losing one's life. Those are the real extremes that we have seen crop up quite a bit in the news amongst young people and older people and those whose lives seem amazing and fulfilling and yet, on the inside this disease has taken over and taken their lives from them, which is really very sad and generally preventable.

How has talk around depression changed over the years?

I think there is a growing awareness and I think there is far less stigma. It's really treated now like a disease like any other. People don't shy away from talking about cancer and all of these other diseases. Now, people realize how common depression is and how much can be helped and the damage that can be done if one doesn't support these people who are suffering from this disease to get the help that they need. Often, they are so depressed they can't see

through that to get the help that they need. So, it's very important for loved ones and friends to recognize that to help them to get the help that's needed in time.

It's a spectrum. Some people have mild depression. Some people have depression because they are mourning or grieving the loss of a loved one. Maybe they have it because of a divorce or a shocking event that has happened. So it can be different things. But, the real clinical depression is generally something that has been going on for at least 8 weeks with consistent symptoms. At that point, you would really want to get help even if that is just talking to someone.

What route of treatment would you recommend for those who may show symptoms of depression?

More than anything, I want people just to consider clinical research centers as an option for their treatment. When you think of when you need to go to the dermatologist or something, you look in your plan... But people should also be considering

clinical research centers. These are highly experienced doctors — we've been in the business for 20 years — and often with these medications, we are treating people with them right before they go to market, or sometimes we are using medications that are already on the market. Right now, we are doing a study on depression using a medication that is already FDA approved, on the market, that you would get from your pharmacy. So why not come to us and get the treatment there? Plus, you would get paid for your time and transportation. I hope there will be a growing awareness and education that will teach people to consider clinical research centers in their area, to at least call to see what studies they have available that may interest them.

If you feel as though you or someone you know is suffering from depression, contact Fieve Clinical Research today at 212-772-3570 to participate in their study. People who refer patients will be given \$100 for their help. PAT KING

ARE YOU CURRENTLY TAKING A MEDICATION BUT STILL FEELING

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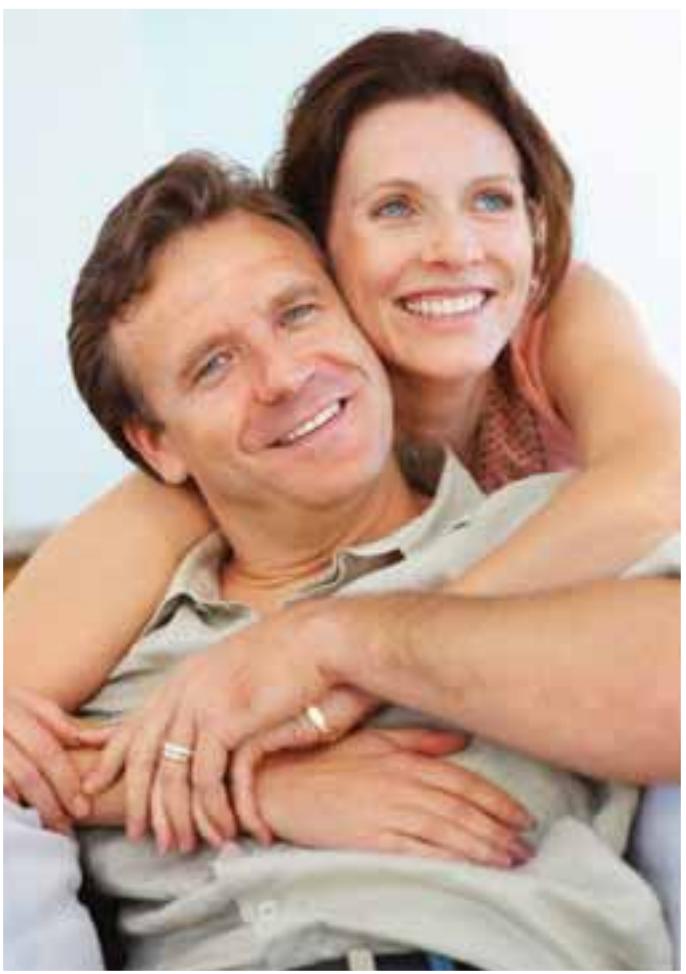
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Pat King
Grumble Editor

READER WRITE-INS:

AN MTA GRUMBLE ...
SURPRISING!

Who exactly is running the MTA, making the decisions and scheduling? After Tuesday night's tragic accident involving two LIRR trains, there were delays Wednesday morning on the affected lines and passengers were being advised to use other lines, Hempstead being one of them and the one that I use every day. The 7:26 a.m. train that I usually take makes limited stops, but this morning, to facilitate passengers, the train made several extra stops (and quite rightly) before reaching Penn Station. The train was packed because of this, with some people having to stand. Wouldn't one think that the sensible thing to have done would be to put a couple of extra cars on the train to facilitate the extra riders? Not so. Similarly, because of the Amtrak work at Penn Station, the 5:38 p.m. train, Penn to Hempstead, now originates in Brooklyn, so I

(along with most of the people who use the 5:38 p.m. train) now take the 5:51 p.m. train. When the Amtrak work started, the MTA said they would do all possible to make the least disruption for riders. Putting extra cars on some trains was one of the things mentioned. Wouldn't one think that the 5:51 p.m. train to Hempstead, which now takes a large number of the passengers from the 5:38 p.m. train, would maybe be one of those trains? Again, not so. The 5:38 p.m. train usually has 10 cars; the 5:51 p.m. train only has eight cars. I contacted the MTA about this to see if there could be 10 cars instead of eight and got a rambling explanation (excuse?), but the train still only has eight cars and is packed most evenings.

And in response to the anonymous Grumble in yesterday's Metro about "Leg & Arm Spreaders" and the comment "Wouldn't it be even nicer to get up and let a lady have a seat," I'd like to say thank you (I did at the time) to the man who gave me his seat this morning on the South Ferry-bound 1 train from 34th Street. One of the few gentlemen left on the NY subway.

— Sylvia Orr, Metro New York reader

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Please remember to send your Humbles to humble@metro.us. These submissions can be acts of gratitude, positivity or kindness that you have seen throughout the day.

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Aries Do what you can and stop being so hard on yourself. A physical activity will help you blow off steam. Don't worry about what you don't have; instead, be grateful for what you've got.



Taurus Use your intelligence and charm to get ahead. The work you put in will pay off, and the praise you receive will raise your self-esteem. Learn as you go and stop at nothing.



Gemini Pay closer attention to your needs, and make changes that will improve your life and relationships. Walk away from people who are unreliable or untrustworthy.



Cancer Don't disregard your ideas. Offering a different point of view will intrigue someone you want to get to know better or collaborate with. Romance is in the stars.



Leo Anger will lead to trouble, but hard work and personal change will lead to opportunity. Choose the high road and don't give in to someone looking for a fight.



Virgo Learn from past mistakes and feel confident about your path. How you deal with partners and peers will make a difference to the outcome. Distance yourself from indulgent or excessive people.



Libra Assess your situation to figure out a way to deal with people who are pressuring you. Change may be needed, but it must lead to something better.



Scorpio Participate, travel, set up meetings and express what's on your mind. Taking a unique approach to an old idea will make you look like a genius.



Sagittarius Someone will try to make you look bad. Be explicit in your explanation and leave no room for error. Know what you want and what you are willing to give.



Capricorn Don't feel that you must fall in line with everyone else. Be a self-starter and pursue what you feel is in your best interest.



Aquarius Keep an open mind and be willing to let others do as they please. If you mess with someone's plans, you will end up in an argument and be accused of meddling.



Pisces Set up guidelines and concentrate on your target. Determination and belief in your abilities will help you make a positive change. A financial opportunity looks promising. EUGENIA LAST

Why Chiwetel Ejiofor was inspired to make his directorial debut



The film is based on the true story of William Kamkwamba.
ALL PHOTOS ILZE KITSHOFF / NETFLIX

The actor talks directing "The Boy Who Harnessed The Wind" on Netflix.



GREGORY WAKEMAN

Gregory.Wakeman@metro.us

Chiwetel Ejiofor didn't harbor any serious ambition to write and direct before reading "The Boy Who Harnessed The Wind."

Sure, he'd overseen two short films, but he insists to Metro that these were just made "recreationally," as he wanted to "learn more about screenwriting and filmmaking."

But as the Oscar-nominated actor read William Kamkwamba's 2009 book detailing how he built a wind turbine from trees, bicycle parts and scrapyard materials to power electrical appliances in his family's home in Wimbe, Malawi, Ejiofor was "galvanized to pursue screenwriting and directing in a bigger way."

"I was just really inspired by it," recalls Ejiofor, whose parents hail from Nigeria. "It is so hopeful and optimistic. Especially since it is a

story from a part of the world that there hasn't been much optimistic cinema about. I was really engaged with that. Because it felt like I was reading something that really related to me."

"Now, Malawi is very different to Nigeria in both the urban and the rural communities. There isn't a generic Africa. But there are similarities and I could definitely relate to how William spoke about that community. It reminded me of my treks back and forth to Nigeria. That sense of place, connectivity, tradition, culture, and familial dynamics that are really strong and authentic and deeply rooted."

Following the huge success of the likes of "Black Panther" and "Crazy Rich Asians," Ejiofor believes "The Boy Who Harnessed The Wind" is yet further proof of the power and appeal of diverse movies and stories from across the globe.

"It feels like there is an interest and an engagement with telling stories from different points of view. Because that enriches our overall artistic and culture landscape. That is the



"IT IS SO HOPEFUL AND OPTIMISTIC. ESPECIALLY SINCE IT IS A STORY FROM A PART OF THE WORLD THAT THERE HASN'T BEEN MUCH OPTIMISTIC CINEMA ABOUT. I WAS REALLY ENGAGED WITH THAT"

Chiwetel Ejiofor

charge and challenge of having diversity in cinema, because it can get us into the points of

view of different people in different spaces."

"That allows us to further understand

the house next door to where the inventor was raised. In fact, the only reason they didn't shoot in Kamkwamba's actual house was because "he had done so much innovation to it over the years."

While this "pronounced the responsibility" of telling this incredible true story, Kamkwamba's exploits also allowed "The Boy Who Harnessed The Wind" to explore a myriad of different themes and subplots, each of which are bitingly timely.

"There are themes in the story about climate change, economics, that people really can relate to in a wider, political way" explains Ejiofor. "That includes conversations on democracy and individualism."

"There's a lot that people can invest in, beyond the film's immediate circumstances. All of which makes it feel really urgent and authentic. Both within the context of Malawi and 2001. And also in a much more larger way beyond that."

"The Boy Who Harnessed The Wind" debuts on Netflix March 1.



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'Leaving Neverland' makes the case that Michael Jackson was a 'career pedophile'

Director Dan Reed talks us through the explosive HBO documentary.



GREGORY WAKEMAN

Gregory.Wakeman@metro.us

Michael Jackson was a "career pedophile" who used very deliberate, manipulative, deceitful and well-organized methods to ensnarl his victims, according to "Leaving Neverland" director Dan Reed.

Reed spent three years working on the explosive HBO documentary, interviewing two of Jackson's alleged victims, Wade Robson and James Safechuck, as well as several members of their families, before taking a deep dive into the investigations against the singer to corroborate their evidence.

"For mothers to come on camera and say in front of millions of people, 'I delivered my son into the clutches of a pedophile and he raped my child repeatedly under my nose.' I don't know any mums that would go on television to say that in order to get a quick buck from the Jackson estate," Reed tells Metro.

"Leaving Neverland" also explores how Jackson convinced the mothers to leave him in a bedroom alone with their children.

"There was a blinding effect of celebrity and

all of the trappings," says Reed. "There also wasn't as much talk about pedophilia. It was a more naive time. We have grown a lot less trusting, probably quite rightly because people with power and authority can get away with this stuff. You can't adequately explain why Michael did the things that he did. It wasn't as though he was compelled by a force he couldn't control and then made one or two indiscretions. He was a career pedophile, I think."

"He abused Wade on and off for seven years, James pretty much for five. I believe he had a lot of other victims. He comes across as a very deliberate, manipulative, deceitful, well-organized pedophile who would... rehearse with Wade what he should say when the detective asked him about this, that and the other."

Reed is well aware of how unsettling and horrifying "Leaving Neverland" is to watch, as Robson and Safechuck go into explicit detail about the sexual activities that Jackson coerced and forced them into. But he also knew this approach was integral.

"We said to James and Wade at the start, 'We can't draw a veil over this. We have to confront the graphic nature and facts of what happened.' We had to establish it was actual sexual abuse and not just inappropriate touching. It wasn't innocent. It was

the kind of sexual activity that grown-ups do. But it was being done to a child. And it happened again and again and again."

The Jackson family and estate have been quick to attack the nearly 4-hour-long documentary, insisting that Robson and Safechuck made the allegations for financial gain, while others have criticized the film for being too one-sided.

"I made sure that we included Jackson's denials and the assertions of his innocence. All of these child sexual allegations were categorically denied. When Wade came out in 2013 — we have all these statements from people debunking his comments and supposed awakenings. So it is just not true to say it is one-sided."

"We don't make any allegations against the Jackson family or estate. There is no need to put their rebuttals in the film. Plus, what is the other side to, 'He raped me!' Is it, 'He didn't rape me.' Or, 'It wasn't so bad.' We are ultimately talking about an act where there were only two witnesses. And one of those is dead. If this was a criminal case and we were in court, I think James and Wade and their families would make convincing witnesses."

"Leaving Neverland" airs Sunday, March 3, and Monday, March 4, at 8 p.m. on HBO.



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It's shaping up to be a wet weekend in the Northeast, which means it's the perfect time to cuddle up on the couch for a bit of chilling and television. Thankfully, there's plenty of programs worth tuning into that are perfect for every kind of TV fan. From singing competition series to harrowing documentaries, here are the best things to watch on TV this weekend. **MATT JUUL**

"THE BOY WHO HARNESSED THE WIND"

March 1 on Netflix

"Doctor Strange" star and Oscar-nominated actor Chiwetel Ejiofor makes his directorial debut with this beautiful new drama, which premieres Friday on Netflix. Not only did Ejiofor direct "The Boy Who Harnessed The Wind," but he also wrote and stars in the film. The drama is based on the memoir of the same name by William Kamkwamba, which chronicled how he built a wind turbine from scraps in order to bring electricity to his family's home in Wimbe, Malawi.

"THE WIDOW"

March 1 on Amazon Prime

Kate Beckinsale takes a crack at the small screen with the new series "The Widow," debuting Friday on Amazon Prime. The actress stars as Georgia Wells in the thriller, a British woman who's husband (Matthew Le Nevez) supposedly dies in a plane crash. However, three years later, Wells has reason to believe that her husband is still alive and decides to travel to the Democratic Republic of the Congo to find him.

"AMERICAN IDOL"



March 3 at 8 p.m. on ABC
They're back! The long-running singing competition series returns for its second season on ABC this weekend. While Simon Cowell and the original judges are long gone, host Ryan Seacrest is still there, and there's no shortage of star power on the judges panel thanks to Katy Perry, Lionel Richie and Luke Bryan. Season 17 of "American Idol" kicks off on Sunday night.

ABC

"LEAVING NEVERLAND,"

March 3 at 8 p.m. on HBO

After the fallout of Lifetime's "Surviving R. Kelly" docuseries, HBO will examine another controversial star with "Leaving Neverland." The two-part, four-hour documentary is a harrowing look at the allegations of molestation made against the late pop icon Michael Jackson. Part one airs Sunday night, while the second half of the documentary will air on Monday night.

"GOOD GIRLS"

March 3 at 10 p.m. on NBC
NBC's hit crime comedy-drama is back for another heist. If you haven't seen "Good Girls" yet, the series revolves around a trio of struggling mothers who decide to get theirs by robbing a supermarket, played by Christina Hendricks, Mae Whitman and Retta. Season 1 is on Netflix if you need to catch up, while season 2 of "Good Girls" is set to premiere on Sunday night.



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Migration (world premiere)

William Byrd's *Mass for 5 Voices* is the main feature in this *a cappella* concert, which will sound otherworldly in the Cathedral of St. John the Divine. We'll also present a new work by 2018 Pulitzer Prize finalist Michael Gilbertson and poet Kai Hoffman-Krull, featuring cellist Arthur Fiacco. The *Mass* is interspersed with vibrant works by Orlando Gibbons, Thomas Tallis, John Tavener, and Stephen Paulus, completing an evening of soothing and uplifting music.

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The frontier of podcasting

On Air Fest is made up of podcasters, but it's an immersive event about the art of sound.



EVA KIS
eva.kis@metro.us

On Air Fest may be about bringing podcasters to Brooklyn in front of an audience — but don't call it a podcast festival. Instead of just sitting in a room watching people talk to each other, On Air Fest 2019 features immersive soundscapes, live concerts, poetry, stories told with projections and art installations.

"We're really interested in people, big ideas and creative exploration," says

festival organizer Scott Newman, who also founded Brooklyn's storytelling agency work x work. "As much as we are deeply passionate about podcasting, we're even more passionate about the art of sound."

Over 50 performances make up the three-day festival, and many of them won't involve watching two people talking into microphones. There's The Machine of Unfamiliar by Nick van der Kolk, the creator of Love + Radio, that transforms a suite into a hub of strangers' secrets collected over eight years.

Science Friday's Undiscovered podcast brings projections to mix with audio as they tell the story of the first woman to cir-

cumnavigate the globe. New York's own band The Antlers created a "meditative dreamscape" in the atrium of the hotel.

"Rather than two talkers on mic onstage, we're really trying to create experiences," says Newman. "As much as it's about sound, it's more about people."

Those who already love podcasts have plenty of celebrity guests to look forward to, including Jad Abumrad (Radiolab), Dan Taberski (Surviving Y2K), Jenna Wortham (Still Processing) and many more.

But rather than being a show of the greatest hits of the podcasting world, On Air Fest is about what's new and creators who are pushing the larger world

of sound to its limits.

There are also chances for introspection about the responsibilities of the medium, with a panel devoted to the philosophical questions, particularly relevant after the soul-searching that followed Serial's controversial spinoff S'Town and the ongoing debate over "appropriate" vocal styles.

Podcasting started in 2004 but really took off with the premiere of Serial in October 2014. Since then, what began as largely radio journalists telling long-form stories has grown into cold-case investigations (In the Dark), pop culture roundtables (Jezebel's DirtCast), fictional storytelling (Welcome to Night Vale) and



Sound is playing
increasingly interesting
roles in podcasting.

much more.

According to the 2018 Infinite Dial survey, 48 million Americans listen to a podcast weekly. With so much content — there are over 550,000 active podcasts out there, according to Apple — the medium is constantly changing.

"What a podcast or story or what a listening experience can be is still being explored," says Newman. "I think it says

something about the medium that it can be many different things, the way that film is not one thing.

"It would be very interesting to think about Picasso, who was not tied to a specific medium — what would Picasso's podcast be like?"

On Air Fest runs March 1-3 at the Wythe Hotel, 80 Wythe Ave., Brooklyn. Single-day tickets are \$79; onairfest.com

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YOUR WEEKEND STARTS NOW

Former FBI deputy chief tells all

After more than two decades of service, Andrew McCabe was fired from his job as deputy director of the FBI 26 hours before his retirement. Meet him at The Strand on Thursday night for a talk and signing of his new book "The Threat: How the FBI Protects America in the Age of Terror and Trump," which recounts his dramatic career and why the FBI is essential to liberty. Feb. 28, 7 p.m., 826 Broadway, \$29.99 (includes the book), strandbooks.com

Reinvent yourself

Join a free dance party and exhibit tour at the Rubin Museum on the opening night of its new show "The Power of Intention: Reinventing the (Prayer) Wheel." Meant to spark your own personal empowerment, the event includes happy hour at the museum's K2 Lounge, music by DJ Tasha Blank, docent-led tours and after-hours dancing. March 1, 6-11 p.m., 150 W. 17th St., free, rubinmuseum.org

Fridays are for Big Band music

Need your fix of brass blasting the dance floor hits of the '40s? The McKittrick Hotel's Manderley Bar has a new weekly residency: MK Groove Orchestra, live on Fridays. The "electro-funk powerhouse jam band" from Brooklyn is rooted in the Big Band era (think hot brass and sultry vocals), backed by a modern rhythm section. Starting at 10:30 p.m., 532 W. 27th St., entry is free or \$25 to reserve seats, mckittrickhotel.com

Brunch with Dolly

Everyone is feeling the love for country queen Dolly Parton (courtesy of Netflix's amazing new movie "Dumplin'"), so this month's edition of Country Brunchin' at Nitehawk Cinema Williamsburg is all about southern music from Dolly cover band The Doll Parts followed by the classic workplace movie "9 to 5," served with a brunch "so tasty you'll think you died and went to Publix." March 2 & 3, 10:45 a.m., 136 Metropolitan Ave., Brooklyn, \$18, nitehawkcinema.com

Not like in the movies

If you've ever rolled your eyes at sex in the movies, this month's edition of Adult Sex Ed is for you. Dani Faith Leonard's enlightening storytelling show that fills the gaps (hal) in your sex education comes to Caveat on Saturday all about sex onscreen — who's having it, how it's filmed, the ratings system and more — with special guests including Natalie Wall (Awkward Sex and the City), Shewa Sharpe (2 Dope Queens) and Robert King (Dietland). March 2, 7 p.m., 21A Clinton St., \$15-\$20, must be 21+, caveat.nyc

Brooklyn throws an indoor block party

Calling all parents of cabin feverish kids! This Saturday, Brooklyn Bridge Parents and City Point are throwing an indoor block party with totally free things to do like STEM activities, a bounce house, Lego and other building blocks, soccer, slime making and more. You'll also explore summer camp options for kids ages 1-10. March 2, 11 a.m.-4 p.m., BKLYN Studios at City Point, 445 Albee Square W., Brooklyn, citypoint-brooklyn.com

Count us all

Help make elections more fair at It's Common Census, a Mardi Gras-themed variety show featuring drag bingo, comedy, live music and burlesque at The Bell House. Your fun will be raising money for Southern Echo, an organization focused on redrawing gerrymandered voting maps ahead of the 2020 Census. March 3, 3 p.m., 149 Seventh St., Brooklyn, must be 21+, \$25, eventbrite.com

Brooklyn now

BRIC, which celebrates 40 years as the leading venue for free cultural programs in Brooklyn, has opened its 2019 Biennial. This year's art show focuses on the voices of Southern Brooklyn as they respond to the theme "The Impossible Possible." Most works are at Gallery at BRIC House, with satellite shows at Green-Wood Cemetery and other venues. Through April 7, 647 Fulton St., Brooklyn, free, bricartsmedia.org

Relive an excellent adventure

"Bill & Ted" are set to ride again in a newly announced third film! Get psyched by rewatching the original with BBQ Films at their final CBD-infused Green Screen night of the season. Comedians Sameer Naseem and Gabe Pacheco from Funhouse Comedy will get you pumped, there's a Wyld Stallyons air guitar contest, plus the usual video game arcade, photo booth and free swag. March 3, doors at 4:20 p.m., Chelsea Music Hall, 407 W. 15th St., \$22-\$55, eventbrite.com EVA KIS



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Then put your name and email address in the space provided and you will be emailed a video and PDF report detailing what treatment options could be the best for your arthritis pain and how we might be able to help you.

We will also send you a way to get a free screening to see if you qualify for one of the advanced medical treatments. **It is 100% free with no further obligation.**

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Things to do in *Miami Beach*

As soon as you cross the bridge to Miami Beach, you'll realize very quickly that there's a lot to see and do.

Fodor's Travel

In order to keep you from being overwhelmed and help you plan your trip, we've assembled a list of five of our favorite things to do in Miami Beach. Among them: well-known tourist hot spots and local hideouts; nightlife that'll

spike your adrenaline; museums and artwork that will astound and humble you, and of course plenty to eat (and drink) in between those activities.

Here are five great things to do in Miami Beach.

1. Groove out to some reggae at Purdy Lounge, a low-key dance club with some of Miami's best DJs spinning Caribbean music as well as old-school hip-hop. Or drop by for their well-known "Chocolate Sundays," which feature a blender of music genres,

cheap drinks, and the weekly Drunken Spelling Bee.

2. Take a tour of the Historic Art Deco District by foot or bike and see more than 800 stunning architectural landmarks from the 1920s and beyond. You can walk yourself through the history or you can take a narrated tour and hear the interesting stories behind the first contemporary neighborhood to be recognized by the National Register of Historic Places.

3. Miami Seaquarium, just minutes from downtown Miami, is



the place to see dolphins fly, fearsome moray eels lurk

in coral reef caverns, and where shimmering schools of exotic fish dance through underwater seascapes. It's also the only place where you will see the graceful beauty of a Pacific white-sided dolphin and the incredible power of a three-ton killer whale.

4. Stay at Circa 39, located right in the center of Miami Beach, and just minutes away from a number of craft breweries, the trendy arts district, and numerous live music

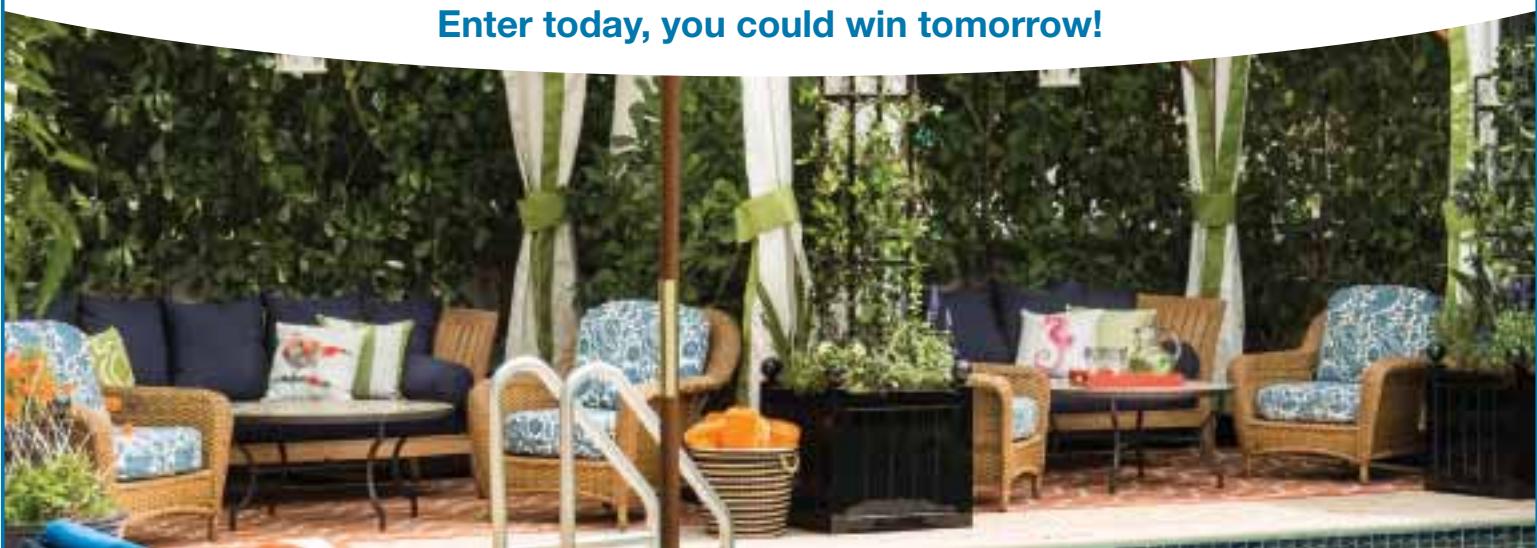
venues. Once you've ventured into the city, kick back and relax with a rum cocktail by the pool at Wunderbar and lounge in the highly Instagrammable WunderGarden.

5. Order a croque monsieur and a salad with house speciality vinai-grette at La Sandwicherie, a small sandwich bar that packs a punch with its genuine-tasting French food and its fresh smoothies. Some regard this dive as the best sandwich shop in all of Florida. ROBERT COCANOUGHER

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Is your airplane seat
watching you?

Fodor's Travel

Earlier this week, a Twitter user pointed out a rather discrete camera on the seatback directly in front of her on a Singapore Airlines flight.

The tweet—which later went viral—from user “Vitaly Kamluk,” showed several images of the camera with the caption, “Just found this interesting sensor looking at me from the seat back on board of Singapore Airlines. Any expert opinion of whether this a camera? Perhaps @SingaporeAir could clarify how it is used?” As of Friday, the picture was liked over 750 times and has received more than 450 retweets.

It turns out, Singapore Airlines wasn't the only carrier with such a feature—American Airlines' premium economy seats have also been known to contain such a piece of technology.

Ross Feinstein, American Airlines spokesperson, told Buzzfeed that though the cameras are intended to be part of the in-flight entertainment systems, "they have never been activated, and American is not consid-

ering using them." He clarified that, actually, multiple carriers feature the product, which can perhaps be utilized in the future for uses "such as hand gestures to control in-flight entertainment."

In a response tweet, Singapore Airlines thanked Kamluk (who tagged them in the original tweet) in a two-part tweet, which concluded by saying, "These cameras have been disabled on our aircraft, and there are no plans to develop any features using the cameras. Thank you."

cameras. Thank you.

While the airlines reiterated they do not plan on using the devices any time soon, a privacy risk has been noted—especially considering, according to The Verge, a camera connected to a device can potentially be hacked.

potentially be hacked. Other unsuspecting devices that can be hacked. It may not be as difficult as you'd think to hack an unsuspecting device like a camera. Just last year, online security experts found a family's Amazon Echo had been physically tampered with and hacked. The culprits opened the gadget and inserted a custom SD card that could allow them to use the device's microphone to listen to surrounding audio and

use its features from a remote location. A list from Tom's Guide, a digital publication focusing on technology, points out that numerous gadgets can be hacked, including, smart TVs, wi-fi-connected thermostats, and, if it has an electronic keypad, your front door.

How to protect yourself

Buzzfeed points out that airlines could make an effort to cover the camera. As that protocol has not been implemented yet, you may want to cover the device yourself, either with cloth or plastic.

With cloth or plastic. While we're not saying to stay paranoid, it certainly can help to stay aware when you find yourself in the presence of this and other comparable forms of technology. If you decide to purchase a product like the Amazon Echo, be sure to conduct research that might give you insight into any potential security threats it may present. Digitally protecting yourself on your travels is also very important, especially if personal data is linked to your mobile device. We recommend taking such precautions as installing an anti-theft app and using a password manager on your phone when traveling. **JESSE TARIT**

SPORTS



After nine seasons with the Islanders, John Tavares makes his first appearance at the Nassau Coliseum as a member of the Toronto Maple Leafs. DESIGN/JOE PANTORNO

Tavares makes NY return to face Islanders

Seven months after jumping ship, John Tavares makes his first-ever return to the Nassau Coliseum tonight.

JOE PANTORNO
joseph.pantorno@metro.us

Hell hath no fury like a New York Islanders fan scorned.

On Thursday night, seven months of pent-up, pure, unadulterated fury will be on full display at the Nassau Coliseum and wholeheartedly directed at the Toronto Maple Leafs bench. More specifically, at John Tavares.

The former golden boy that was supposed to lead the Islanders to the promised land after decades of wandering through the desert that is irrelevancy as a small-market club in the NHL makes his long-awaited return to the Coliseum, his first game back on Long Island after signing with the Toronto Maple Leafs back in July.

"I'm not trying to overthink it," Tavares told reporters Tuesday. "I think I'm just going to try to go out there and be myself

and play and just try to help the Maple Leafs. Obviously, it's my first time back, it is what it is. Whatever reception I get, I'm just going to try to go out there and play."

On the surface, it was a completely understandable decision. Tavares had an opportunity to go home and play for his boyhood team in the Maple Leafs after years of languishing on bad teams here in New York.

What Islanders fans will tell you is that it's how it all went down that cut them to their core.

"There's still resentment about the way John Tavares left the team, after months of saying that he wanted to remain an Islander," Christian Arnold, managing editor of Islanders Insight, said. "Fans took that very personally and feel that he lied and betrayed them."

During his final years with the Islanders before that fateful summer of free agency, the man who worked his way onto the franchise's top 10 in goals, assists and points over his nine years repeatedly stated his desire to stay an Islander for the entirety of his career.

"I think I've always

shown my commitment, my appreciation and my desire to play on Long Island," Tavares said back in 2016. "I would love for that to continue for the long haul. I think you look at some of the greatest players in the game have been able to spend their entire career somewhere. I hope I'm in that same position."

Sure, that quote might have been from three

him at the trade deadline.

He then proceeded to keep the Islanders in the dark about his intentions when free agency began, withholding management to seriously pursue a backup plan should he leave.

And then he left.

Seven years, \$77 million to join the Maple Leafs, all but leaving the Islanders for dead as reigning NHL Rookie of

the show, and a largely unchanged roster defying the odds without Tavares.

It included a December trip to Toronto, where the Islanders made easy work of Tavares in their first-ever meeting which featured a Barzal hat trick.

"We already kind of had that game, so as players, it's already 'been there, done that,'" captain Anders Lee said. "We've moved on a long time ago. We have a special group and we've done a lot of things together. All that outside stuff is going to happen, we just need the two points."

The stacked Maple Leafs of Tavares, Auston Matthews, Mitch Marner and William Nylander are steady on their course of contention with 80 points prior to their Wednesday night tilt with the Edmonton Oilers. With a far more underwhelming roster on paper, the Islanders have just one point fewer.

That's what good structure and organization at the top will do for you.

Following a 3-1 loss to the Calgary Flames on Tuesday night, the Islanders can officially turn their undivided attention to Tavares, a topic they have been asked about non-

stop since July.

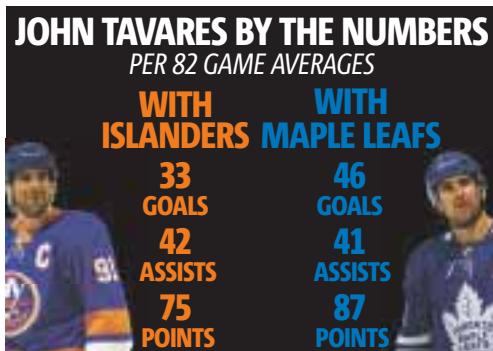
"It's another game for us," veteran winger Josh Bailey, who was teammates with Tavares for all nine of his seasons in New York, said. "Obviously, there's a little more surrounding it with Johnny coming back and what have you. But I'm sure it will be an emotional night for him and some fans, obviously. At the end of the day, there are still two big points on the line."

"An emotional night" might be an understatement from Bailey as the Nassau Coliseum is going to reach decibel levels committed to vitriol unheard for a hockey game in decades.

However, Lamoriello thinks Islanders fans should take it easy on Tavares.

"He had every right to make the decision he did... I hope [the booing] is re-thought," Lamoriello said on WFAN. "I hope it's the respect he should be getting... [He's] a quality human being who served his years here extremely well and I hope that's taken into consideration."

It's a noble idea, but it's doubtful Islanders fans are going to have a change of heart on this one.



years ago, but his sentiments did not change much as free agency loomed in 2018.

"This is obviously where I hope to be. I've always stated that," he said back in April, fewer than two months after he told the Islanders not to deal

the Year Mathew Barzal was thrust into the spotlight as the new face of the franchise at just 21.

Yet here the Islanders are, seven months later with a Hall of Fame executive in Lou Lamoriello, a future Hall of Fame head coach Barry Trotz running

Robinson, Smith jump-starting Knicks

The Knicks have a pair of youngsters who are showing plenty of promise during a lost season.



JOE PANTORNO
joseph.pantorno@metro.us

There is already some promise within the ranks of the New York Knicks, and we're still about five months away from free agency.

While Knicks fans hold their breath on a summer that could yield enormous signings like Kevin Durant, Kyrie Irving or Kawhi Leonard, some current members of one of the league's worst teams are showing that there might be something brewing at Madison Square Garden.

One would be grasping at straws to find more than a handful of positives during this



Dennis Smith Jr. (5) and Mitchell Robinson (26) are stepping up during the second half of another horrific Knicks season. GETTY IMAGES



Knicks season. New York sits at the very bottom of

the Eastern Conference with a 13-48 record. Only

the Phoenix Suns have a worse mark this season.

Almost inexplicably, though, the Knicks have rattled off three wins in their last four games, by far the most successful spell of another lost season that has them in the running for the top pick in the 2019 NBA Draft.

Throughout this recent run — and even in the few weeks before — two Knicks in particular have begun to stand out, indicating that first-year head coach David Fizdale is going to have some in-house talent to work with next year and beyond.

Guard Dennis Smith Jr. was the biggest tangible piece of the Kristaps Porzingis trade, though that could change depending on what the two future first-round picks from the Dallas Mavericks turn out to be.

It's more than a year late, but the Knicks finally got a talent that many believed they should have selected eighth overall in the 2017 draft. Instead, the Knicks took Frank Ntilikina, who is still proving to be a big-time project.

After a solid first campaign in the NBA that saw him finish fifth in Rookie of the Year voting, Smith fell out of favor in Dallas thanks to the emergence of Luka

Doncic, making him expendable for the Knicks' taking.

The 21-year-old has been playing some of the best basketball of his career since arriving in New York, averaging 15.4 points and 6.5 assists per game in his first 10 appearances.

It's provided some stability to the Knicks' backcourt, which saw its fair share of shuffling during the first half of the season. A logjam at the 1 saw Emmanuel Mudiay, Trey Burke and Frank Ntilikina all jockeying for playing time, though Mudiay's development under Fizdale was admirable.

After Burke was sent to Dallas as a part of the Porzingis deal and Mudiay went down with a shoulder injury, Smith came in and simply ran away with the job, which now looks as though it will be his to keep for the long haul.

At the opposite end of the lineup, center Mitchell Robinson is starting to flourish amidst a wild ride. After opting not to go to college, the 20-year-old fell to the 36th pick in the 2018 draft, where he possessed the raw intangibles to become a force near the basket.

Following a shaky start to his rookie sea-

son, Robinson has become a defensive stalwart near the hoop. Despite averaging just 18 minutes per game, he ranks third in the NBA with 2.2 blocks per game, trailing only Myles Turner and Anthony Davis.

The past two games, both Knicks wins, have shown just how high Robinson's ceiling can be. Following a 15-point, 14-rebound and five-block effort in a 130-118 win over the San Antonio Spurs on Sunday, Robinson went off for 17 points, 14 rebounds and six blocks on Tuesday night in a 108-103 win over the Orlando Magic.

He's just the third rookie in the past 25 years to record two consecutive double-doubles with five or more blocks. The other two were Hall of Famer Yao Ming and future Hall of Famer Tim Duncan.

That's not bad company.

Sure, it might be premature to say that the Knicks might have just found their starting point guard and center for the next decade, but it's not a ridiculous notion to expect big things from either Smith or Robinson moving forward, especially if the Knicks make some big moves this summer.

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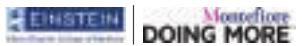
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 Wilmington Trust, National Association, not in its individual capacity, but solely as trustee for MFR TA 2015-1, Plaintiff AGAINST Oliver F. Lopez as Heir to the Estate of Maria Lopez, Francis M. Lopez as Heir to the Estate of Maria Lopez, Andrew F. Lopez as Heir to the Estate of Maria Lopez, Maria Lopez's respective heirs at-law, next-of-kin, distributees, executors, administrators, trustees, devisees, legatees, assignees, leinors, creditors, and successors in interest and generally all persons having or claiming under, by or through said defendant who may be deceased, by purchase, inheritance, lien or otherwise, any right title or interest in the real property described in the complaint herein, Board of Managers of Colonial Townhouses Condominium, United States of America, Criminal Court of the City of New York, Asset Acceptance, LLC, New York State Department of Taxation and Finance, Workers' Compensation Board of New York State, South Nassau Orthopedic Surgery & Sports Medicine, PC, New Century Financial Services, Inc., Jamaica Seven, LLC, Liberty Point Corp., New York City Environmental Control Board, New York City Parking Violations Bureau, New York City Transit Adjudication Bureau, Oliver Lopez, Andrew Lopez, Andrea Dorothy, Aristedes Lopez, Lucia
 "Doe" (Refused Last Name), Hector "Doe" (Refused Last Name), Alonso "Doe" (Refused Last Name), Carine M. Desrouleaux, Tulane Realty, LP, United States Attorney's Office, Sysco Food Services of Connecticut LLC, Portfolio Recovery Associates LLC, Walker Resources Inc., Star Staffing Services, Queens Supreme Court, Midland Funding LLC, Shirley Hidalgo if living and if any be dead, any and all persons who are spouses, widows, grantees, mortgagees, leinor, heirs, devisees, distributees, or successors in interest of such of the above as may be dead, and their spouses, heirs, devisees, distributees and successors in interest, all of whom and whose names and places of residences are unknown to Plaintiff, et al, Defendant Pursuant to a Judgment of Foreclosure and Sale duly dated 5/31/17 and entered on 6/14/17, I, the undersigned Referee, will sell at public auction at the Queens County Courthouse, 88-11 Supthln Blvd., Courtroom 25, Jamaica, NY on March 29, 2019 at 10:00 AM premises known as 120-11 167th Street, Jamaica, NY 11434. All that certain plot piece or parcel of land, with the buildings and improvements erected, situate, lying and being in the County of Queens, City and State of New York, BLOCK: 12383, LOT: 46. Approximate amount of judgment is \$431,014.34 plus interests and costs. Premises will be sold subject to provisions of filed Judgment Index # 006243/2010. Alan C. Kestenbaum, Referee FRENKEL LAMBERT WEISS WEISMAN & GORDON LLP 53 Gibson Street, Bay Shore, NY 11706

NOTICE OF SALE

Supreme Court
 County Of Queens
 Wells Fargo Bank, National Association, as Trustee for Certificate holders of Bear Stearns Asset Backed Securities I LLC, Asset Backed Certificates, Series 2007-AC4, Plaintiff AGAINST Yomi Jagunna f/k/a Tajudeen A. Jagunna, et al, Defendant Pursuant to a Judgment of Foreclosure and Sale duly dated 5/31/17 and entered on 6/12/17, I, the undersigned Referee, will sell at public auction at the Queens County Courthouse, 88-11 Supthln Boulevard, Courtroom 25, Jamaica, New York, on March 15, 2019 at 10:00AM, premises known as 7210 160th STREET, FLUSHING, NY 11365. All that certain plot piece or parcel of land, with the buildings and improvements erected, situate, lying and being in the Third Ward of the Borough and County of Queens, City and State of New York, BLOCK: 6821, LOT 57. Approximate amount of judgment \$791,309.72 plus interest and costs. Premises will be sold subject to provisions of filed Judgment for Index# 706766/2014. Fearance Gerard Lalande Esq., Referee Gross Polowy, LLC Attorney for Plaintiff 1775 Wehrle Drive, Suite 100 Williamsville, NY 14221 61261

NOTICE OF SALE

Supreme Court
 County Of Queens
 HSBC Bank USA, N.A., as Trustee on behalf of the holders of Deutsche Bank Alt-A Securities Mortgage Loan Trust, Mortgage Pass Through Certificates, Series 2007-AR2, Plaintiff - AGAINST Ramesh Pawa, PI Construction Service, Inc., et al, Defendant Pursuant to a Judgment of Foreclosure and Sale duly dated 5/7/2018 and entered on 6/29/2018, I, the undersigned Referee, will sell at public auction at the Queens County Courthouse, 88-11 Supthln Blvd., Courtroom 25, Jamaica, NY on March 22, 2019 at 10:00 AM premises known as 38-18 31st Street, Long Island City, NY 11101. All that certain plot piece or parcel of land, with the buildings and improvements erected, situate, lying and being in the County of Queens, City and State of New York, BLOCK: 383, LOT: 19. Approximate amount of judgment is \$924,167.02 plus interests and costs. Premises will be sold subject to provisions of filed Judgment Index # 3823/2014. Martha Taylor, Referee FRENKEL LAMBERT WEISS WEISMAN & GORDON LLP 53 Gibson Street, Bay Shore, NY 11706

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 Approximate amount of judgment
 is \$431,014.34 plus interests and
 costs. Premises will be sold subject
 to provisions of filed Judgment
 Index # 006243/2010.

Alan C. Kestenbaum, Referee
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NOTICE OF FORMATION

of 18 Cedar Brother LLC
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 Secy. of State of NY (SSNY)
 on 07/10/2018. Office
 location: Kings County.
 SSNY designated as agent
 of LLC upon whom process
 against it may be served.
 SSNY shall mail process
 to: C/O The LLC, 174 Ave.
 S, Brooklyn, NY 11223
 which is also the principal
 business location. Purpose:
 any lawful activity.

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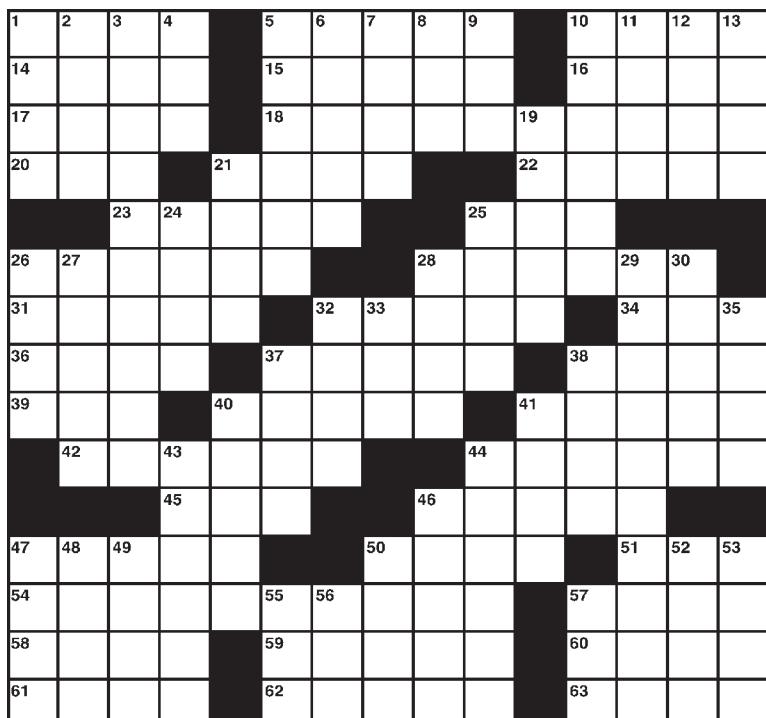
ACROSS

1 Commanded
5 Bit of parsley
10 Air pollution
14 Lincoln & Vigoda
15 Port-au-Prince's nation
16 Make well
17 Trawlers' needs
18 Emphasize
20 ...FDR, HST, __, JFK...
21 Banyan or beech
22 __ drop of a hat; speedily
23 Hit the __; decline rapidly
25 Reason to call in sick
26 Spuds
28 Magazine title
31 Saying
32 Laotian or Chinese
34 Hearing organ
36 BBQ favorites
37 Exhausted
38 Singer Patti
39 Kraków's nation: abbr.
40 Place for rouge
41 Soldier's gun
42 __ with a Kiss"; 1960s song

13 Merriment
19 Claw
21 Flat __; driver's woe
24 Small barrels
25 Accomplishment
26 Waterproof covering
27 "Bye, José!"
28 Bubble gum's color
29 Cicada's cousin
30 Bird of prey
32 Made fun of
33 Notice
35 Film critic Rex
37 Get rid of
38 Swine
40 Department store employee
41 Shine's partner, in phrase
43 Does penance
44 Dropped
46 Cyclist Armstrong
47 Suffix for allow or agree
48 Potter's need
49 __ away; subtract
50 Merlot or Riesling
52 Hilarious person
53 Hotels
55 Sullivan & Ames
56 Dance type
57 __ Lazy River"

DOWN

1 Musical group
2 Not up yet
3 Loathsome
4 Feminine ending
5 Fragments of glass
6 Steps
7 Asian staple
8 Suffix for meteor or graph
9 Clear liquor
10 Rude request for silence
11 Protein-rich food
12 Solemn promise

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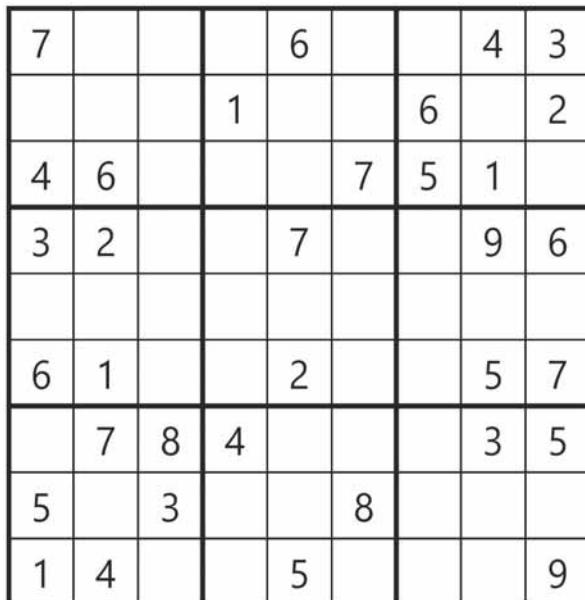
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